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Bangalore Mirror ON SATURDAY

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Traffic police devise plan to ease congestion at Goraguntepalya Junction, but chaotic results force them to take U-Turn

MAKE A PLAN. SCRATCH THAT

Heavy vehicles struggle to adapt to change, exacerbating traffic mess

Sridhar Vivan & Ahna Prakash
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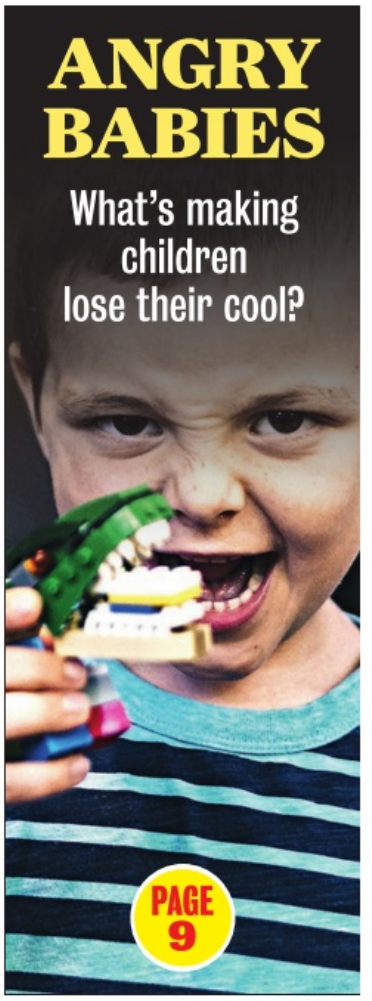
The city traffic police had elaborate plans to alleviate congestion at the Goraguntepalya Junction by redirecting traffic. However, their plan had to be abandoned within an hour when they realised that it was actually exacerbating the congestion, bringing them right back to where they had started.

Goraguntepalya junction is a notorious bottleneck in the city. Situated on Nelamangala Road, which serves as the gateway to Bengaluru and connects to over 24 out of 31 districts in the State, it has been plagued by gridlock ever since the Outer Ring Road was linked to the Nelamangala highway. Surprisingly, this ORR-Nelamangala junction lacks a grade separator, further worsening the situation for motorists. Consequently, the traffic jam at this location has become almost "perennial".

Therefore, the traffic police devised a new plan. According to the plan, vehicles traveling from Kanteerava Studio junction to the ORR were to be rerouted via the

CONTINUED ON PAGE 4»

KAUSHIK JN



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2 THINGS TO DO

01 Cooking class

Grab a chance to attend a unique cooking class that aims to provide all participants with simplified methods to detoxify their bodies and experience the glow. Justbe by Nidhi Nahata, a renowned plant-based nutritionist, is presenting a nourishing raw food workshop, which is an interactive cooking session.
Where: Justbe by Nidhi Nahata
When: Today; 12 pm to 3 pm; contact- 8884163061

02 Let's dance

Here's a chance for dance enthusiasts to participate in a unique Bharatanatyam workshop by Anuradha Vikranth. The workshop will include an introduction to Natyashastra movement vocabulary and choreography by Vikrant. Applicants must at least have trained in Bharatanatyam for six years.
Where: Chowdiah Memorial Hall, Vyalikaval
When: July 8; 9:30 am to 1 pm; contact- 9844191888

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Metro: Filling the blank

BMRCL expected to address gap in Purple Line of metro; soon to fix link between Baiyyappanahalli and KR Puram

Rachana Ramesh
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The Bangalore Metro Rail Corporation Limited (BMRCL) is likely going to fix the missing link between Baiyappanahalli and KR Puram by August. Simultaneously, Challaghatta on Mysuru Road will also be connected.

The entire operation of the Purple Line, the first route that was introduced in the city to run the metro, was supposed to be completed by July. While the work has been stalled for technical reasons, after completion of the two stretches measuring 4 km, the 43.5 km route from Challaghatta to Whitefield will help ease commuting for those who travel from the eastern and western portions of the city.

The Purple Line was under much limelight as, prior to the recently conducted assembly polls, Prime Minister Narendra Modi inaugurated the stretch from KR Puram to Whitefield, despite a lack of connection between Baiyappanahalli and KR Puram due to pending work in Benniganahalli.

Many commuters are disappointed with the missing link deadline being pushed from July 15 to August, as it makes the option of travelling by the recently inaugurated metro stretch unfeasible for those living away from KR Puram, Whitefield, and other areas in the surroundings.

> **"The work between Kengeri and Challaghatta is at an advanced stage, and soon, trial runs will begin. The facade work at Benniganahalli is time-consuming**
> –Anjum Parvez, BMRCL

Anjum Parvez, Managing Director of BMRCL, said that the work between Kengeri and Challaghatta is at an advanced stage, and soon, trial runs will begin. On the other hand, he said that the facade work at Benniganahalli is time-consuming. They have received all the necessary permissions required to divert traffic to work on the station located at Old Madras Road, and trial runs between Baiyappanahalli and KR Puram will begin by mid-July. The BMRCL is expecting the ridership in this stretch to see a drastic increase of 70,000 passengers per day once it is fully operational.

Flames and sparks ignite concerns at Lalbagh

Lalbagh evening walkers panic seeing electric cables on fire

Lalbagh, a beloved destination for walkers and nature enthusiasts, experienced a moment of panic during a routine Thursday evening walk. Electric cables caught fire, causing significant sparks and raising concerns about the park's safety. While no injuries were reported, the incident highlighted potential risks within the popular park.

Eyewitnesses were alarmed as fire sparks emerged from a specific location, immediately capturing the attention of the walkers present. The incident was traced back to ongoing drainage work, which had exposed the underground electric cables to rainwater, resulting in a short circuit and subsequent fire.

The Horticulture Department provided an explanation for the short circuit, attributing it to the drainage work. "During the Lalbagh drainage work, underground cables were exposed and came into contact with rainwater, leading to the incident. Caution tapes were placed prior to the work to warn walkers, and the contractor has been cautioned to prioritize safety and precautions," stated an official.

While concerned walkers attempted to alert the BESCOM helpline about the incident, one of them said, "We promptly reported the incident to the BESCOM call centre, and they assured us that the issue would be addressed. We also shared the incident on social media to quickly bring it to the attention of the authorities."

"I visit Lalbagh for my evening walk every day, and this incident has made me question the safety measures in place. I was jogging in the park when I noticed sparks from a distance. It's alarming to think that exposed cables could cause a short circuit. We immediately informed the local security," shared a concerned walker.

Rajamma, voiced her concerns, saying, "It's unsettling to think that such a potentially dangerous situation could arise due to exposed cables. I hope the authorities take swift action to ensure the safety of all visitors. Lalbagh is known for its greenery, and there could have been serious damage to the plants or trees. Thankfully, nothing major occurred. Civic works should be carried out with the utmost care and safety."

The incident served as a reminder of the importance of adhering to strict safety guidelines and maintaining continuous vigilance in public spaces. The Horticulture Department urged visitors to promptly report any potential safety hazards to park authorities. **BMB**

VK ಎಜುಕೇಷನ್ FAIR 2023
A PREMIER EDUCATIONAL EVENT
24th & 25th June 2023
Jnana Jyothi Auditorium, Central College Campus, Bangalore

Empowering students with knowledge and guidance

Higher Education minister Sudhakar to inaugurate VK Education Fair

Higher Education Minister Dr MC Sudhakar will inaugurate the VK Education Fair today. This eagerly anticipated two-day educational fair, organised by Vijay Karnataka and powered by Bangalore Mirror, will kick off on Saturday at the Jnana Jyothi Auditorium in the Central College campus.

The event promises to be an enlightening experience, with the presence of numerous celebrities and esteemed guests. Renowned actor and director Raj B Shetty will grace the occasion as the chief guest, alongside Prof Lingaraj Gandhi, Vice-Chancellor of Bangalore Central University. Guests of honour included S Ramya, the Executive Director of KEA, Dr Kuldeep Kumar Raina, Vice-Chancellor of MS Ramaiah University of Applied Sciences and K Vijaykala, the Proprietor of Ad6 Advertising.

With the recent announcement of the NEET and CET results, students who have completed their PU education are in the daunting task of selecting the right college and academic stream. To assist them in making informed decisions, the VK Education Fair will feature experts from the educational field for guidance and support.

This comprehensive event aims to address all education-related queries and serve as a one-stop resource for invaluable information. Over 35 top educational institutions and universities will participate, sharing insights about their campuses, courses, and fee structures. Furthermore, dedicated counselling sessions conducted by experts will help address any doubts or uncertainties that students may have.

Visitors to the fair will also have the opportunity to win prizes. By participating in the lucky draw, attendees will have a chance to win two Electric vehicles worth Rs 1.25 lakh. A lucky draw will be held on both Saturday and Sunday, where two participants will be chosen as winners through a draw of lots. Make sure not to miss out on this exciting opportunity and be sure to participate in the fair which is free entry.

–Prakash VL

VK EDUCATION FAIR
Dates toremember: June 24 and 25
Venue: Jnana Jyoti Auditorium, Central College
Time: 9:30 am to 5:30 pm
For more details, contact: 9916079232
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REARVIEW MIRROR

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Lost world of tragedies

What constitutes a tragedy in 2023?

Is it a few billionaires on a leisure trip aboard a submersible diving into the bottom of the ocean floor to get a glimpse of the remnants of a tragedy that transpired almost a century ago and themselves dying in a tragic accident?

The vagaries of the rich do make reality TV — just as the public trials post celebrity divorces, now the audiences relish the macabre - a tragedy over tragedy. How absurd.

Ain't it bizarre that one has to mourn alongside the poor souls that perished when the great ship Titanic sank to the depths once upon a time, a group of adventure seeking rich folk whose curiosities could not be quenched by the reality of the Titanic's sinking.

If you go by the media coverage and the morbid anticipation a few hours before the confirmation of the craft's implosion picked up by the US coast guard perhaps somewhere near the Titanic's wreckage on the seafloor, it appears a massive shift has occurred in the human sense of tragedy.

It is as though the world has forgotten the tragedies of the poor by default since the computers took over. Somehow the tragedy has to conform to various parameters for it to be even considered one - a certain legacy if you like to be picked up by the mainstream media.

Just days ago a boat carrying migrants capsized off the coast of Greece. When the news broke it was shared and classified as a regular story in the wires because boats carrying migrants sinking in the Mediterranean and elsewhere is a regular fixture. Fact is now reports are suggesting of the 800-odd passengers thought to have been aboard the ill-fated boat, at least 350 persons were Pakistanis.

Curiously enough the news of this recent tragedy - of people fleeing penury, insurgency, military excesses, economic uncertainty, joblessness - did not command the same news value as the submersible carrying filthy rich tourists imploding in the depth of the cold north Atlantic ocean. That this is happening in the so-called woke world of 2023 is a tad peculiar and perhaps points to the impending doom that may befall humanity if the current course of the collective conscience isn't tweaked to include the weak, the marginalised and the vulnerable.

That neighbouring India did not even acknowledge such a tragedy involving refugees from Pakistan is absurd anyhow - the coverage of the same in India media outlets was almost nil.

India did witness such a tragedy a few weeks ago when two passenger trains and a goods train crashed into each other killing almost 300 people. That even after 24 hours of the tragedy the details of how the mishap unravelled were sketchy and the pinpointing of the flaw that led to the horrific crash was somehow lost in political mudslinging, grandstanding and patronising is appalling.

No doubt there is something terribly wrong with the news agenda of late. The number crunching, the trends, the influencers, the audience, the readership and all of that play into the decision making process of playing up the story. It does not matter if the story is good or bad, tragedy or comedy, sleazy or violent, it just has to bring in the maximum number of likes, shares or simply put the number of readers.

This logic has been hijacking news agenda for some time now. Though it does give space to a peculiar story like the Titan submersible implosion that killed the five individuals on board the craft, it does not seemingly prioritise a story like the 300 Pakistani refugees dying in the boat tragedy off Greece coast. It goes to the extent that such stories lay in the corner of the website or appear as an inside page lead in newspapers the next day.

Why are socially disenfranchised denied space in discourse, especially tech-enabled kind?

This is gross injustice done upon humanity when the populations have never surged as at present in the history of our species. Why are the socially disenfranchised denied space in the discourse, especially of the tech enabled kind. Newspapers are still merciful: the stories are not selected nor the pages are set based on the likelihood of readership. It is simply not possible.

Tech dictating the agenda is dealing one of the most unkindest cuts to information dissemination in the collective. The economic value of a tragedy may be gauged by tech giants so as to play up a story, and play down another especially if it is about poor peoples fleeing conflict zones in search of a decent living.

The nature of a news story is impromptu; it cannot be pre-decided based on audiences; sadly this is exactly what tech has been doing. This crisis is yet to unfold in the global south often left confused and unable to decide the real news value as tech overwhelms the discourse.

Horamavu Lake is in big trouble

Fishkills, stench, mosquito menace is result of sewage entering lake, citizens say

Rachana Ramesh
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TWEETS @BangaloreMIRROR

This is the condition of the Horamavu Agara Lake with untreated sewage flowing in

Residents living around the Horamavu Agara lake have complained of untreated sewage water entering the lake, causing a stench around the vicinity.

Surya Desaraju, an IT employee living around the lake, said that the Bangalore Water Supply and Sewerage Board (BWSSB) has not fixed the Sewage Treatment Problem (STP) problem at the lake, resulting in continuous flow of sewage into the water body. The beginning of monsoons has only increased the woes faced by residents in the area. "Forget taking a stroll around the lake, it has become unbearable to even stay inside homes around the area. The issue of mosquitoes has significantly increased due to massive breeding," he said, adding that the issue has been brought to the notice of the authorities. "We have been told that there are no short-term measures and the BWSSB must take responsibility to fix the issue of STPs which is the only long term solution. As a temporary measure, they have introduced some algae but it is not an effective measure nor does it provide immediate relief. It will eventually form a sludge and settle down," he said. He added that if there was an elected corporator the residents could approach for their issues to be resolved, the problem might have been taken seriously and seen a resolution. Desaraju has written to the National Green Tribunal (NGT) regarding the issue and is hoping that the issue will be taken note of.

Amith H, another resident in the vicinity, said that the lake has also had an incident of fish kills due to the release of sewage recently. "We were initially told that the foul smell was due to the silt being in the open during the summers and that the issue would be resolved naturally as the monsoons approach. However, it has remained the same," he said, adding that a concrete measure is immediately required.

"As a temporary measure, they have introduced algae but it is not an effective measure nor does it give quick relief

Lake activists have been consistently pointing out that the budget set aside to build diversion channels near the mouth of lakes to keep away sewage water must be utilised efficiently while STPs must be looked after. However, they claim that there is no maintenance of inlets and in worst case scenarios, when there are blockages, even solid waste enters lakes.

Gone in 60 minutes

CONTINUED FROM PAGE 1

Modern Bread factory, joining the Nelamangala highway. Then, these vehicles heading to the ORR were supposed to make a right turn before the Peenya SRS junction, rejoining the Nelamangala highway before taking a left turn towards the ORR (near Taj hotel). Explaining the rationale behind the plan, a senior police official stated, "We developed this plan in response to heavy congestion experienced by vehicles traveling from Nelamangala towards Kanteerava Studio junction on the ORR. During peak hours, traffic would often back up all the way to the Peenya flyover. We believed that rerouting the traffic from Kanteerava studio would alleviate congestion on other sections. That's why we even opened the median before the Peenya SRS signal, allowing vehicles to make a free right turn. However, when we implemented the plan in full, we realised that heavy vehicles were struggling to make the turn, leading to even more traffic problems. Consequently, we had to abandon the plan and revert to the previous one."

Dhananjaya S, a resident of Peenya first stage, commented, "This plan was destined to fail from the outset. The traffic police failed to thoroughly analyse the traffic patterns, as there was already heavy congestion at the Peenya SRS junction without any diversions. Introducing additional traffic from the ORR would only have worsened the situation. Fortunately, the police quickly reverted to the original plan, avoiding a prolonged experiment that could have resulted in another Cauvery junction-like problem."

Traffic police's rationale behind plan didn't work as some vehicles couldn't take turn

KAUSHIK JN

"The U-turn area lacked sufficient space. Heavy vehicles that were primarily being rerouted couldn't execute the U-turn without reversing. However, in the future, when the flyover becomes operational, we will need to remove some barricades, as it will become exceedingly difficult for the junction to handle heavy traffic. But this is a solution for the future. Currently, the flyover doesn't experience heavy traffic. We are also in discussions with senior officials to determine the best course of action," stated ACP North, Pruthvi MJ.

RESPONSE CONNECT INITIATIVE

BM HEALTHCARE

Robots in operating room

Robotic-assisted surgery revolutionises hip and knee replacement surgeries: Exclusive insights from Manipal Hospital experts

In a recent interview with Bangalore Mirror, orthopaedic and robotic joint replacement surgeons from Manipal Hospital, Old Airport Road, shed light on the remarkable advancements in robotic-assisted surgery. This cutting-edge technology is transforming the field of surgery by offering precise procedures with minimal invasiveness, faster recovery times, and reduced risks of infection.

Here are the key insights from the interview:

What is robotic surgery and how does it differ from conventional surgery?

Dr Lokesh A Veerappa, Consultant-Orthopaedic and Robotic Joint Replacement Surgery, explained that robotic surgery enhances precision and minimises dissection. It allows surgeons to plan complicated surgeries with one-millimetre precision, ensuring safety and accuracy. The transition from conventional surgery to robotic surgery has been driven by the desire for precise results and improved outcomes.

Which patients are suitable for robotic surgery?

Dr Sunil G Kini, Consultant-Orthopaedic and Robotic Joint Replacement Surgery, stated any form of advanced hip and knee arthritis is suitable for robotic surgery, similar to conventional surgery. Robotic surgery excels in reducing complications such as hip dislocation or leg length discrepancies in hip replacement, offers improved precision, and causes lesser post-operative pain with a faster recovery.

What is the pre-operative preparation needed?

Dr Lokesh explained that a CT scan is conducted for patients undergoing robotic surgery. The scan is fed into the robot, enabling surgeons to plan the hip or knee replacement surgery accurately. This advanced planning ensures a smooth surgical process.

Which robot is the best for knee and hip replacement surgery?

Dr Sunil highlighted the Mako Robot as the world's leading robot for knee, partial knee, and hip replacement surgeries. Its unparalleled capacity allows surgeons to stay within planned boundaries and make real-time adjustments during the procedure, ensuring precise implant positioning.

What is the success rate of robotic surgery compared to conventional surgery?

Dr Lokesh mentioned that the success rate of robotic surgery is comparable to that of conventional surgery. However, in complicated cases, robotic surgery has shown better long-term outcomes.

Patients benefit from reduced post-operative pain, faster recovery, and improved accuracy in implant positioning.

Can you provide a detailed explanation of how robotic surgery is performed?

Dr Hemant K Kalyan, HOD and Consultant-Orthopaedic and Joint Replacement Surgery, described the process of robotic surgery. It starts with a preoperative CT scan, which is fed into the robotic navigation system to suggest a pre-operative treatment plan, including estimating the implant size and optimal positioning. At the time of surgery, optical arrays and sensors establish communication between the robotic system camera and the patient's hip or knee. The pre-operative plan is ratified during surgery by putting the virtually reconstructed joint through a full range of movement, and any modifications suggested by the surgeon are made to arrive at a final plan. The robotic cutting tool is then deployed to precisely and safely perform bone cuts sequentially as per the final plan. Surgeons continuously monitor the procedure on a computer, ensuring accuracy and safety.

How have healthcare professionals adapted to robotic surgery over the years?

Dr Hemant highlighted that robotic surgery has become appealing to the surgical community due to real-time information, verification, checks, and balances. Surgeons strive to improve accuracy, safety, and patient outcomes by leveraging the advantages of robotic technology.

Why are more cases of arthritis being observed over the years?

Dr Sunil explained that increased awareness of arthritis among the general population, prolonged human life expectancy, and the occurrence of autoimmune conditions contribute to the rise in arthritis cases. Young patients with conditions like rheumatoid arthritis are increasingly seeking joint replacement surgery, and the acceptance of such procedures has also grown.

Which age group typically undergoes knee and hip replacement surgeries?

Dr Mallinath G (Consultant – Orthopaedic and Robotic Joint Replacement Surgery, Manipal Hospital, Old Airport Road) said, "Knee surgery and hip replacement issues are commonly found in patients who are typically above the age of 50. However, it is important to note that these surgeries can be successfully conducted on patients up to the age of 85. Age is not a limiting factor when it comes to providing effective surgical interventions for knee and hip-related issues."

He added, "We have observed an interesting trend in the demographics of knee surgery and hip replacement surgeries. Among the patients undergoing knee surgery, there tends to be a higher proportion of women compared to men. Conversely, when it comes to hip replacement operations, it is more common to find male patients seeking this procedure. The reasons behind these gender disparities in the types of surgeries required are multifaceted and may vary from individual to individual."

By utilising advanced robotic surgical techniques, Manipal Hospitals has been instrumental in ensuring the longevity and effectiveness of knee and hip replacement surgeries.

"At Manipal Hospital, we are renowned for our expertise in conducting robotic surgeries, with over 600 such procedures performed annually. By employing robotic technology, we can optimise the precision and accuracy of these surgeries, providing patients with improved outcomes and reduced risks. This advanced approach offers the potential for patients to enjoy the benefits of their surgical intervention for up to 25 years without encountering significant issues. Leveraging robotic surgical techniques enhances the longevity and effectiveness of these procedures, enabling patients to experience long-term benefits and improved quality of life," he explained.

Get in touch / Toll-free number
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(From left) Dr Lokesh A Veerappa (Consultant–Orthopaedic and Robotic Joint Replacement Surgery), Dr Hemant K Kalyan (HOD and Consultant–Orthopaedic and Joint Replacement Surgery) and Dr Sunil G Kini (Consultant–Orthopaedic and Robotic Joint Replacement Surgery), Manipal Hospitals in the interaction with BM. Mako all systems (bottom left), camera and guidance module (bottom right); Dr Mallinath G (inset)

Asphalt at fault

Recently asphalted road at Kodathi develops cracks in two weeks

Iffath Fathima
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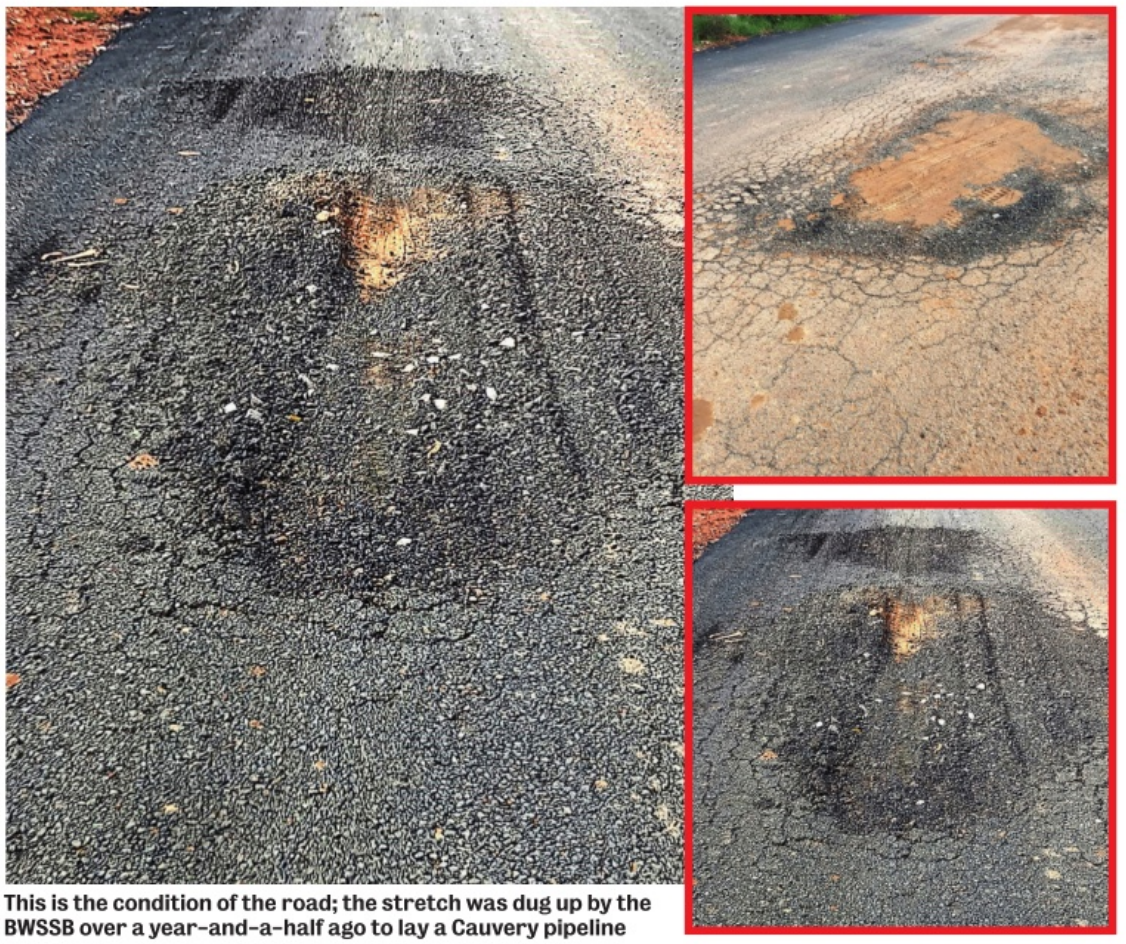

This is the condition of the road; the stretch was dug up by the BWSSB over a year-and-a-half ago to lay a Cauvery pipeline

Residents and commuters in Kodathi have expressed their dismay over the deteriorating condition of the road near Harvest International School. The stretch was dug up by the Bangalore Water Supply Sewerage Board (BWSSB) over a year-and-a-half ago to lay a Cauvery water pipeline. Despite assurances from the local Kodathi Panchayat to fix the road, recent repairs have proven to be of poor quality, causing the asphalted stretch to wear out and develop cracks within just two weeks.

Locals pointed out that the road was asphalted on June 9. But after a span of two weeks, the asphalt has now started to wear out and the road has visible signs of damage.

The BWSSB Cauvery Stage V project is said to bring in 100 million litres of Cauvery water to Mahadevpura. Over 27 km of mega pipeline work is in progress in the constituency.

A regular commuter in the area said, "The situation of the road is very bad. We are surprised to see it damaged in such a short span of time. This shows that the quality of work done was poor. In the next month, it is going to get worse because of the rains, and we are scared of craters forming. This road is used by many school buses, and many parents come to drop off their children at schools located nearby. With the quality of the road in such a pathetic state, everyone commuting through this stretch is at risk."

> **This shows that the quality of work done was poor. In the next month, it is going to get worse because of the rains, and we are scared of craters forming**
>
> – Regular commuter

Residents have also pointed out that the road serves as a crucial route for people traveling from Sarjapur Road to Electronic City. Additionally, several residential complexes are situated along this stretch. While the road was initially an unpaved surface during the BWSSB's pipeline installation work, the recent repairs have proven to be insufficient and are rapidly deteriorating.

A resident said, "We had complained multiple times to the Panchayat regarding this road stretch, but they stated that the contractors were taking time to finish the work. We used to face a lot of traffic congestion when the road was in a bad state, and now, despite it being asphalted, we fear the road getting washed away. With the onset of the rainy season, the situation of the road is only going to worsen."

The frustrated residents are calling for immediate action by the authorities to rectify the poor condition of the road and ensure safety of all the commuters who rely on it every day.

Kodathi Panchayat officials were unavailable for comment.

Ready for SAFF second challenge

Indian players practising at the South United football academy; they will be playing against nepal next

Abhijeet Kabad
mybangaloremirror@timesgroup.com

TWEETS @BangaloreMirror

Skipper Chhetri, after a hattrick, will look to continue his good run; Team India defeated Pakistan in the opener

After a convincing win over arch-rivals Pakistan in the opener, India now faces Nepal in the second game of the Bangabandhu South Asian Football Federation (SAFF) Championship. Skipper Sunil Chhetri, after a terrific hattrick, will look to continue his good run into this game.

Midfielder Sahal Abdul Samad, addressing the media about the game, said, "We had a video analysis session and are ready for them. There's no pressure as we have a good bunch of players. Everyone has experience, and young talent is coming up." He added that he wants to improve by providing more assists and scoring more goals.

Indian coach Igor Stimac has received a red card and will not be present at the field. Talking about the coach's approach and impact on the Indian team, he said, "It's a positional game, to keep the ball as much as we can. We have a fantastic team. The coach has asked all of us to score apart from Chhetri. It has been a process and can't change suddenly. But for the past four years, we have started to see a change in Indian football. He always encourages the players and is supportive of everyone. The main thing about coach Stimac is he wants progressive football." He added that playing with Chhetri, he has learnt more about professionalism.

Sahal further said that attacking midfield is his favourite position. Having the trust of the coach is also very important for him, he quipped.

India last faced Nepal in the SAFF 2021 finals on October 16, 2021, where they emerged victorious with a 3-0 margin. The match will be played at Kanteerava Stadium and will kick off at 7:30 pm.

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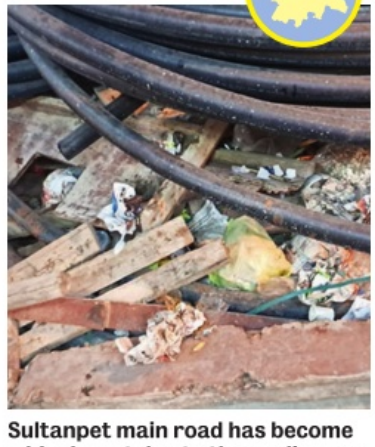
Waterlogging
Whitefield

Due to poor drainage facilities at Whitefield Reliance road, there is waterlogging during rains.

Reduced to rubble
Chamarajpet

The footpath in Royan Circle, Chamarajpet, which was fixed a few months ago, has turned to rubble.

Black spot
Sultanpet



Sultanpet main road has become a black spot due to the negligence of authorities.

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

SPREAD YOUR WINGS

A common baron rests on a leaf

The picture was clicked by BM reader **Venkatalakshmi S**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Safety in the shadows

Lack of street lights in BTM Layout worries residents, who say numerous accidents have occurred due to that

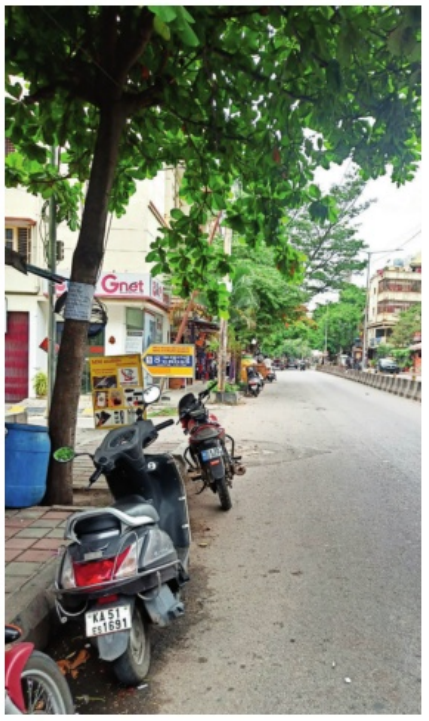
Street lights have always played a crucial role in enhancing public safety and contributing to the city's infrastructure. However, the absence of street lights on BTM Layout Main Road has created numerous issues, leaving the main thoroughfares engulfed in darkness during the night despite the heavy traffic flow.

Residents say that despite having filed a complaint at the local Bangalore Electricity Supply Company Limited (BESCOM) office to address the problem, no action has been taken, which raises concerns for the safety and well-being of the local residents and other commuters.

Similarly, the lack of street lights around Madiwala Lake, a prominent landmark and popular gathering spot for the neighbourhood, is a major issue. Despite multiple objections and complaints from the locals, the Bruhat Bengaluru Mahanagara Palike's (BBMP) inadequate lighting in the area poses a significant risk, particularly during nighttime travels and weekends.

"The safety of nighttime travellers in BTM Layout is a major concern due to the lack of street lights. Poorly lit streets become hotspots for criminal activities, increasing the possibilities of assaults and harassment," said Devaraj Gowda, a resident.

Hemant Kumar, a food delivery personnel, recalled, "In BTM Layout, there have been numerous accidents caused by the absence of street lights, and this has been an ongoing issue for quite some time now. Insufficient lighting on the roads, especially a stretch of approximately 250 metres with no street lights at all makes it challenging for bikers and drivers to see each other."



According to residents, without street lights situation becomes scary at night

Others added that it becomes scary in the area at night.

"The proximity of a nearby bar creates a lot of noise, broken bottles, and fights, especially after ten at night. This situation becomes even scarier without street lights, as it poses a risk of random attacks on passing bikers," said Somaya Prashant, another resident.

"As senior citizens, we enjoy visiting this lake in the evening, but we always make sure to leave before sunset because it becomes too dark. The lack of street lights makes it difficult for us to navigate and enjoy the area," expressed Sidappa.

-Dankan Narayanaswamy

DID YOU KNOW?

Chowdiah Memorial Hall is one of the oldest and most popular cultural spaces in Bengaluru. It was founded in 1961 in the vibrant neighbourhood of Malleswaram. It has served as a venue for musical and theatrical shows, as well as hosting competitions. It was constructed as an homage to Tirumakudalu Chowdiah and is managed by the Academy of Music, an autonomous registered organisation. It is said that it was KK Murthy, the former chairman of the BDA, who conceived the concept of erecting a hall in honour of the renowned violin maestro Chowdiah. The auditorium is shaped like a huge violin with seven strings.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

Is there any person/institution you would like to thank for some great experiences you have had in the city? Tell us who and why.

Sridhar Comaravalli, BM Reader

I would like to express my heartfelt gratitude to the Karnataka Chitrakala Parishath, as it was through my interactions there that I truly delved into the world of art. It was a transformative experience to be introduced to some of the best artists in our country.

Gopal Shastry, BM Reader

My postgraduate degree in mechanical engineering at IISc, Bengaluru, from 1965 to 1967 opened up remarkable opportunities in my life and gave me the confidence to venture into the field of IT in 1969. I am immensely grateful to this esteemed institution of global acclaim. I extend my sincere thanks to the institute and its staff.

Subhiksha Prakash, BM Reader

Volunteering for Bhoomika's campaign for underprivileged children affected by the pandemic has been a truly fulfilling experience. The memories of those children remain close to my heart, even after three years.

Harish Kumar Agilan, BM Reader

Working with the children and witnessing the foundation's nurturing approach has brought me immense satisfaction. I look forward to continuing my involvement with Dream School in the future.

Able Placal, BM Reader

My volunteer work with the Aravani Art Project provided a precious opportunity to engage with new individuals and create lasting memories. I am grateful for the impact of this art collective.

Aaryan Thakural, BM Reader

Talaash association's remarkable efforts in helping those in need and their commitment to prevention and recovery have left a profound impact on me. I am grateful for the opportunity to work with such a commendable organisation.

SPEAK TO US

What has been your more nightmarish experience in the city?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

What's making little ones lose their cool

The pre-school incident in which a toddler assaulted another child has raised concerns among parents about the safety of toddlers in such environments. While parents demand 100% supervision by school authorities, school managements argue and demand that parents should also be actively involved and guide their children.

"Child aggression is on the rise, and parents play a crucial role in shaping their child's behaviour. While schools and daycares have their responsibilities, the majority of a child's time is spent at home. It is essential to foster a positive environment at home, reinforcing good behaviour through parental and teacher involvement," said D Shashi Kumar, General Secretary of the Associated Managements of English Medium Schools (KAMS).

He emphasised that parental counselling can help create a positive atmosphere, as young children are greatly influenced by their surroundings. The Child Rights Commission provides guidelines for children, which parents and teachers should monitor together. Regular communication between parents and teachers is vital for keeping track of a child's progress and ensuring appropriate supervision, support, and guidance from teachers.

"The key to understanding a child's behaviour lies in the school's assessment of the child upon admission. While the school's role is crucial, neglecting a child's fundamental abilities can lead to future difficulties. However, parents are responsible for closely monitoring the media their children are exposed to. Since young minds absorb everything rapidly, shielding them from violent content is crucial to prevent negative behavioural influences. Simultaneously, parents should stay informed about their children's behaviours exhibited at school, enabling them to take appropriate action. Ultimately, it is a collaborative effort between parents and teachers to ensure a child's development and well-being," explained Pruthvi Banwasi, Secretary of the Karnataka Council of Pre-Schools.

> **"It is the duty of pre-schools or other educational institution to ensure that students are never left unsupervised**
>
> – Ramya K, a parent

"To ensure proper attention and supervision, schools should maintain a balanced child-teacher ratio. Each teacher should be responsible for a small group of five to six students, supported by an assistant. Insufficient staffing in schools can lead to instances of child aggression. Workshops for parents and teachers can help in understanding and addressing children's aggressive behaviour, with the involvement of professionals when necessary. This approach effectively analyses and manages child aggression. Controlling child aggression requires time, patience, and consistent support from parents and teachers. Creating a supportive environment and promoting open communication is crucial for developing healthy coping mechanisms and self-control in children," emphasised Sandhya Prithvi, owner of Rainbow Kids.

However, parents argue that 100 percent supervision is necessary. "Schools play a critical role, as students may not comprehend the consequences of physical attacks. There was a case where a tenth-grade student lost his vision after being hit by a peer at school some time ago. If this can happen to a 16-year-old, just imagine how vulnerable our toddlers are. Therefore, it is the duty of pre-schools or any other educational institution to ensure that students are never left unsupervised at any given time," said Ramya K, a parent.

Children should be guided in identifying and expressing emotions. Schools and parents should introduce strategies for managing anger and frustration, such as breathing exercises, taking breaks, or using words to express feelings, Shashi Kumar added. **Esita Rani Mandal**

Baby steps for greener Karnataka

In a bid to improve Karnataka's green cover, Minister for Forest, Ecology and Environment, Eshwar Khandre announced on Thursday that the government will plant 25 crore saplings across the state over the next five years, starting July 1.

He said that the initiative has been taken considering Karnataka's dwindling forest cover. The state currently has about 20.19% of land under green cover, and the government aims to increase it to 33% through this initiative.

The first step will be taken on July 1 and one crore saplings will be planted during Vanamahotsava, to be held across the state from July 1 to July 7. The growth of the saplings will be monitored through specific numbers allotted to each plant through geo-tagging.

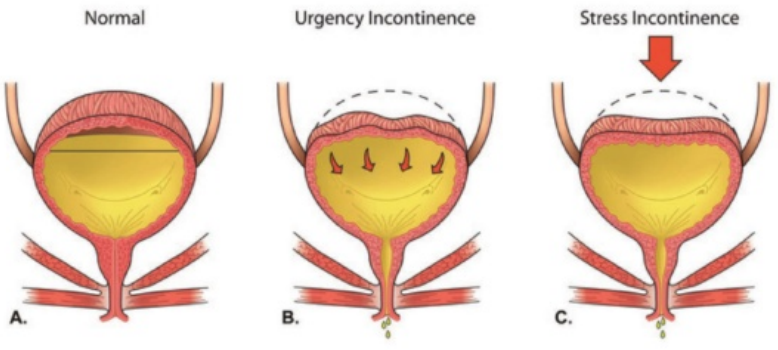
"Our aim is to ensure that at least 80% of the saplings planted grow into trees. For this, the audit will be done through geo-tagging; if required, a third-party audit will also be conducted," said Khandre.

The minister said that five out of the 25 crore saplings will be planted across the state this year and extra care will be taken to ensure their survival. As many as 2.5 crores of these saplings will be planted by the forest department across various forest areas in the state. **BMB**

ADVERTORIAL

Urinary Incontinence

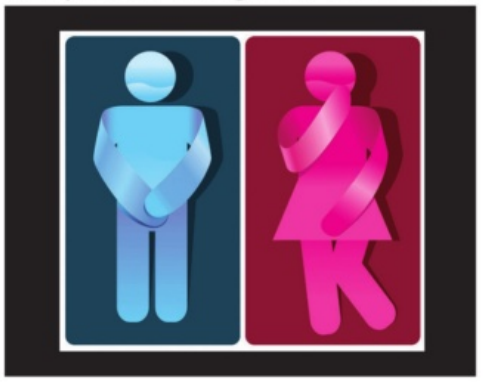
As a doctor, I have seen many women who suffer from incontinence, and I know how much it can affect their quality of life. On the occasion of World Continence Week, it is important to raise awareness about this condition and to encourage women to seek help if they are experiencing symptoms.



Incontinence is a common condition that affects almost 1 in every 3 women in India. It is the involuntary loss of urine and can be caused by a variety of factors, including pregnancy, childbirth, menopause, and aging. Incontinence can be classified into two main types: stress incontinence and urge incontinence.

Stress incontinence is the most common type of incontinence in women and is caused by weakened pelvic floor muscles. Urge incontinence is caused by an overactive bladder and is characterized by the sudden urge to urinate.

Treatment for incontinence can include pelvic floor exercises, medication, or surgery. Pelvic floor exercises, also known as Kegels, can help to strengthen the muscles that support the bladder and prevent leakage. In some cases, medication or surgery may be necessary.



Many women are hesitant to discuss this condition with their healthcare provider out of embarrassment or shame. However, healthcare providers are trained to help women manage this condition and can provide valuable support and resources. Women should not suffer in silence and should seek help if they are experiencing symptoms of incontinence.

In conclusion, incontinence is a common condition that affects many women. As a doctor, I urge women to seek help if they are experiencing symptoms of incontinence. With the right treatment and support, women can manage this condition and improve their quality of life. Let's raise awareness about this condition and encourage women to seek the help they need.

Dr NAGARAJA RAO .A
MBBS MS MCH (Urology).
Consultant Urologist.
Rao's Uro Care Clinic,
Shankarapuram, Bangalore.
Sparsh Hospital, RR Nagar.

HEALTH TIP: Overeating, even with healthy foods, can lead to weight gain and other health issues; use smaller plates and bowls

Clean eating involves choosing foods that are as close to their natural state as possible; opt for whole grains, fruits, vegetables, lean proteins

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Separation is key

Strategies to maintain work-life boundaries in a digital age

The lines separating personal and professional lives have become more hazy in the digital age. It has become difficult to disconnect from work and engage in personal life due to our constant connectivity and accessibility to everyone at any time.

The workplace has undergone a transformation, both for better and worse, due to the pandemic. The implementation of lockdowns and the shift to remote work revealed both positive and negative aspects of this transformation. On one hand, productivity soared as different work models and increased freedom empowered employees. On the other hand, it is crucial not to overlook the downside, as employees were often compelled to work beyond their designated hours. They became accessible even after work hours, blurring the boundaries between professional and personal life. This disruption disrupted the delicate balance that existed previously.

Unfortunately, despite these observations, the trend of working beyond set hours and the resulting low quality of work-life balance has persisted largely unchanged.

According to a recent study conducted by Arcadis, a consultancy based in Amsterdam, India has been ranked at the bottom in terms of work-life balance.

As a consequence of the inadequate work-life balance, two issues can emerge.

Burnout - Employees may feel burnout because of overwork.

Poor Performance - Even with constant and round-the-clock work, employees may not be able to offer optimal performance in their tasks.

No Boundaries?

The internet has lessened the gaps and made the workplace smaller. One can work from anywhere with a laptop and a stable internet connection.

Establishing boundaries within the workplace is essential to achieve a harmonious work-life balance. Instances such as being assigned weekend projects or receiving Sunday morning Zoom meeting requests from employers indicate a lack of clear boundaries regarding work. Sadly, the majority of workplaces do not enforce a strict log-off policy and allow employees to work excessively long hours without facing any consequences.

Navigating through the tricky challenges of maintaining boundaries in professional life is not easy, but certainly not impossible.

It is still not all gloom and doom for employees and employers. Our work life is colourfully blended with short office breaks to late-night conference calls. We need to devise strategies to strike a balance between the job and personal life. Remember, finding the right balance requires ongoing effort and adjustments.

Create a boundary

Setting boundaries is crucial for a fulfilling life. Without them, people may assume that your time, work, and personal space are always accessible to them.

We often try to please our seniors and we give in. Do not fear saying 'no'. It is better to let people know that you may not be able to perform extra tasks post-working hours rather than overloading yourself.

In modern tech-driven workplaces, the utilisation of cloud-based platforms can assist employees in establishing work boundaries. These integrated platforms enable real-time updates of everyone's status, along with sending reminders for lunch breaks or short breaks, as well as indicating individuals' availability statuses.

> "India has been ranked at the bottom in terms of work-life balance; the workplace has undergone a transformation due to the pandemic

Time management

Eisenhower's model is the ideal learning model for managing time. Begin with breaking down tasks into descending order. Start from high-priority jobs to non-essential tasks and act on them accordingly.

An effective approach to managing work within a specific timeframe is setting realistic goals and adhering to a real timeline, while actively avoiding procrastination.

It is also important to refrain from over committing to minimise pressure and maintain a healthy work balance.

Prioritise self-care and growth

Since our childhood, we have been reminded of the proverb "Health is Wealth." It is imperative to take breaks from work, just as an empty car requires refuelling. Working tirelessly without respite is not sustainable.

One way to foster motivation for self-care is by investing in hobbies and passions. By dedicating time to activities we love, we are more inclined to prioritise personal time. Engaging in hobbies and practising relaxation techniques are essential for alleviating stress.

Learn to disconnect

Establish digital boundaries by consciously disconnecting from work-related devices during non-work hours.

Avoid checking work emails or responding to work-related messages outside of your designated work hours, unless it's an emergency. Give yourself permission to recharge and be fully present in your personal life.

Steer clear of overpromising

When we consistently overpromise at work, whether it's taking on too many projects or agreeing to tight deadlines, we put ourselves under immense pressure.

Instead, it is vital to assess our capabilities and workload realistically. By setting achievable goals and managing our time effectively, we can ensure that we're able to deliver on our commitments without sacrificing our well-being.

Work culture

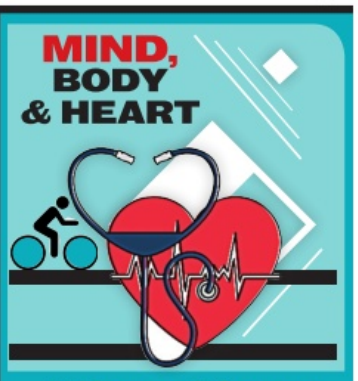
Employers sometimes expect employees to go above and beyond their regular duties, which can result in overwhelming workloads and burnout employees.

Certain companies value work-life balance and prioritise the well-being of their employees, while others may not consider it a priority.

If you find yourself in a workplace with a positive work culture, it can be beneficial for your productivity and overall satisfaction. However, if the work culture doesn't align with your values and priorities, it may be worth considering finding a job where you can invest your effort more happily.

In today's fast-paced and digital world, maintaining work-life boundaries is essential. It is vital to regain control over your time, reduce stress and enjoy a fulfilling personal life alongside your professional life.

—Karan Jain (IANSlife)



All problems solved

Dear Coleen

I've been married for four years and dated my husband for a year before we tied the knot. I had no doubts at all about marrying him - we seemed to be perfect and it felt very exciting at the time. However, as the years have gone on, I've started to question whether I did the right thing.
We're actually very different people and, I'm sorry to say, he's very boring. I'm a very go-getting person, but he hates breaking out of his comfort zone.
I've recently met another guy I really clicked with and find him so attractive. We haven't slept together or even admitted how we feel (he's married too), but there's incredible chemistry between us. He's been away for a couple of weeks with his family and I've really missed him, to the point where I'm considering telling him how I feel. Please help.

COLEEN SAYS

You sound bored and I think the way you feel about this man probably has a lot to do with what he represents to you, which is passion and excitement – basically, what's missing in your marriage.
You don't need me to point out the obvious, but I'll do it anyway – you're both married and it sounds like he also has kids, so starting something is a very big deal.
Before you do anything with this guy – or anyone else for that matter – give some proper thought to your marriage. Things aren't working, but is it really just down to your husband?
Why aren't you close any more? Have you stopped communicating? Can you find a way back to capturing how you felt when you first got together?
You fancied him enough to marry him only four years ago. So, I would put some effort into your marriage before throwing in the towel.

—Coleen Nolan, Daily Mirror

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The Bronze goes to...
Director, writer and songwriter Vishal Bhardwaj bags Bronze at Cannes Lions for music in 'Fursat'

BangaloreMirror | 13
Saturday, June 24, 2023
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The big, bad city

AGRASENA
2.5 RATING ★★½☆☆
- **DIRECTOR** Murugesh Kannappa
- **ACTORS** Agasthya Balgere, Amar Viraj, Rachana Dasarath, Ramakrishna, Manmohan Rai
- **CERTIFICATION** U/A
- **Duration** 120 minutes

Agrasena attempts to showcase the difference between city life and village life. Director Murugesh Kannappa tries to tell the audiences that there is no dearth of anti-social elements and apathetic authorities in cities. The movie is about Soorappa (Ramakrishna) of Ramdevapura who believes in the live and let live philosophy. Unavoidable and unpleasant circumstances compel Soorappa to take a pledge not to visit the city; he also directs his son and villagers not to visit the city.

After a few years, Soorappa suffers from asthma and urgently needed to be admitted to a hospital in Bengaluru for treatment. Soorappa's manager recommends his grand-son Amar (Amar Viraj) who lives in Bengaluru to admit Soorappa to a private hospital. Instead of taking care of Soorappa, Amar spends money to host booze parties for his friends and buy clothes for his lover Rishika (Rachana Dasarath). Doctor Chandrasekhar declares Soorappa dead. Amar accompanies the mortal remains of Soorappa to Ramdevapura. Adi alias Adikeshava (Agasthya Balgere) finds that the body is not that of Soorappa. Adi and Amar come to Bengaluru to search for the body. Adi attacks Dr Chandrasekhar for misplacing Soorappa's body. At this juncture, Veerabhdara (Sashidhar Gowda) enters the scene. Watch the film to find out What happens to Soorappa's body and who is Veerabhadra is what Agrasena is all about.

Among the actors, Amar Viraj is convincing as a parasite who goes to extreme lengths to keep his sweetheart happy. His body language and dialogue delivery are good but he has to go a long way to establish himself as an actor. Agasthya Balgere has acted well, especially in action scenes. Rachana Dasarath, as an affectionate lover, who tries to convince her lover to work hard, has acted well. Veteran character actor Ramakrishna is at his best. It is Ramakrishna's 200th movie.

Had the director avoided scenes of violence, the movie would have been the best option for family audiences. All in all, it is an eye-opener about city life.

—Y Maheswara Reddy

Easy, breezy tale of love

ROAD KING
3.0 RATING ★★★☆☆
- **DIRECTOR** Randy Kent
- **ACTORS** Mateen Hussain, Rukshar Dhillon, Leela Mohan, Nayana Shetty, Bhuvan Raj, Dinesh Debbaram.
- **CERTIFICATION** U/A
- **Duration** 110 minutes

Road King is touted as the first Kannada movie directed through Skype calls by Hollywood director Randy Kent. It is a romantic drama based on obsessive ex syndrome. It is claimed the movie is based on a real-life incident that took place in Kolar some years ago.

The movie begins with college students discussing the case study of Arjun and Manasa with their lecturer. The next scene shifts to Arjun (Mateen Hussain), a MBA student, who is also known as a Road King for leading a care-free life by selling modified bikes, and his friends consoling Dinesh, who is depressed after a break up with his lover. Ria (Nayana Shetty), a college student, requests Arjun to help her complete project work. Ria introduces Manasa (Rukshar Dhillon), a B.Com student who comes to Bengaluru from Hebri near Udupi, to Arjun. Arjun calls Manasa by a nickname – Cousin – she calls him by nickname – Trouble. Both of them fall in love and decide to marry.

Manasa asks Arjun not to depend on selling modified bikes for survival. She advises him to get a job and he obliges. Later he comes to know that Ria had recommended the management to give the job to him. He quits the job and quarrels with Manasa. He then joins a call centre. What happens to Manasa and Arjun is what the movie is all about.

Mateen Hussain, who debuts as a hero in Sandalwood with this movie, is at his best. His performance is good in scenes, especially those where he suffers from obsessive ex syndrome. Rukshar Dhillon, a hapless girl torn between her lover and parents, is convincing. Nayana Shetty provides good support. Leela Mohan has acted well. Songs are good and meaningful.

The movie is worth a watch for youngsters, who live life to the fullest.

—Y Maheswara Reddy

personal

CHANGE OF NAME

I, SHRADHA SRIVASTAVA, Aged about 28Yrs, W/O Aakash S. Residing at Flat-No.N-2079, Republic of Whitefield, EPIP Zone, Whitefield, Bangalore-560066, Karnataka, hereby affirm that my father's name is mentioned as SUDHIR KUMAR/ SUDHIR SRIVASTAVA/ SUDHIR KUMAR SRIVASTAV in different documents and the names belong to my father only. I continue my father's name as SUDHIR KUMAR SRIVASTAV in all my correspondence. Sworn before notary Mr. Anand Kumar at Bangalore, vide affidavit dt. 28/4/2023.

I, Nisha Kothari, aged about 29 years, W/o Mr. Vishwas Surana R/a #12/8, Yamuna Bai Road, Madhavanagar, B'lore 560001. I have changed my name from Nisha Kothari to Nisha Surana. Vide affidavit dated 16-06-23. Sworn before notary L. Veena B'lore 560091.

I, ABDUL AZEEZ MOULANA #7/B25, 5th Cross, Vinobhanagar, KG Halli, Bangalore– 45. I, have changed my name to ABDUL AZEEZ. Vide affidavit dated 22/06/2023 Sworn before Notary V. Rajashekhara, Bangalore

I, SULTANA MUNAWAR #4444, Sait Compound, Bangarpet-563114. I, have changed my name to SULTHANA, Vide affidavit dated: 22/06/2023 Sworn before Notary: V.Rajashekhara, Bangalore

I GOURAV S/O JASRAJ R/O 201 Sankeshwar Mangalik Apts 4 Middle School Rd VV Puram Blr 04 have changed my name to GOURAV KUMAR J for all purposes.

I, Cholpady Amogh Kamath, R/o Samvriddhi Gardenia Apts, C-105, Sahakarnagar A Block, Bangalore-560092, have changed my name to Amogh Kamath vide affidavit dt 22 June 2023 sworn before notary G.P. Chaya for future purposes.

I, MOHAMMED SUZAIN PASHA #26/3, Hospital Road, Shivajinagar, Bangalore–51. I, have changed my name to MOHAMMED ZAYD PASHA Vide affidavit dated 22/06/2023 Sworn before Notary: V. Rajashekhara, Bangalore

I, VIJAYA MANGALORE MALLYA, Residing at No 1480, C19 B D A Flats, Austin Town, Bengaluru-560047. Have changed My name to VIJAYA MALLYA vide affidavit dated 19/06/2023 before Notary Aravind Patil G.G Blore

I, Prakasha Hebbur Venkataramaiah S/o Late Venkataramayya R/o Vinayakanagara Kamakshi Mutt Street Hebbur Tumkur karnataka-572120 have changed my name to Prakash H V.

I, Murali S/O, Chitoor Rajagopal Late R/o 69 1st Cross Gowdanapalya Subramanya - pura Post Bangalore- 560061 have changed my name to Murali Chitoor Rajagopal for all purposes.

I, Kumari Pooja, with Passport No. M3361744 W/o Vaibhav Vasant Uttekar, R/o 402, Sai Homes,2 Cross,Jayanthi Nagar, Kalkere,Horamavu, Bengaluru-560043, have changed my name to Pooja Uttekar for all purpose

I, Shyamala Shashi Bhushan W/o K N Shashi Bhushan R/o No-9 , 2nd Stage , Vinayaka Layout , Vijaynagar B'lore-560040 have changed my name to Shyamala Kunigal Shashibhushan .

I, 14847860W Hav Shivraj Singh of ASC Records (South) changed my Son's Name from Ankit Kumar to Ankit Baghel notary KV Mani, Bangalore.

Cruise, the daredevil

Hollywood star Tom Cruise is famous for filming several of his own action sequences, no matter the risk; and his new blockbuster 'Mission: Impossible - Dead Reckoning Part One' sees him continue that as he even has a knife fight on top of a speeding train.

The actor has shared that "time expands" when he shoots his daredevil movie stunts, reports Female First UK. On the first day of shooting on the action sequel, Cruise rode a motorcycle off a Norwegian mountain before jumping with a parachute to the ground, a scene that took eight takes to get the perfect shot.

The Hollywood legend admits that when the adrenaline starts flowing through his body during the stunts time, for him, simultaneously becomes both "short and long".

Speaking to the media at the UK premier of 'Mission: Impossible a" Dead Reckoning Part One' in London , he said: "When I train there's so much going on and time expands. When I'm dropping, that six seconds feels short and long." **—IANS**

THE REAL THING

Shahana Goswami says she chooses roles that represent real women

Actress Shahana Goswami, best known for her roles in films such as 'Rock On!', 'Midnight's Children' and 'Tu Hai Mera Sunday', said that she has actively chosen roles which "challenge conventional narratives" to represent real women.

She said: "I have actively chosen roles that challenge conventional narratives, opting for characters that break away from cliches. I want to represent real women who one can relate to." In an industry where social connections and networking play a pivotal role, Goswami decided to let her acting do the talking instead.

The actress has not cared much for the traditional concept of networking, instead preferring to rely more on her acting prowess, emphasising that craft trumps everything else in the artistic industry.

Elaborating on the topic, Goswami said: "The measure of success lies in the quality of one's work rather than the number of connections they have. Throughout my career, I have prioritised my work over party appearances and meetings. Every job is a by-product of some work. When you land on a set, your director wants to know if you can develop a deep understanding of characters, deliver nuanced performances, and leave a lasting impact on audiences."

The actress was most recently seen in the film 'Zwigato' and the web series 'Hush-Hush', she will also be seen in the upcoming murder-mystery film 'Neeyat'.

—IANS

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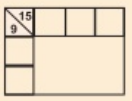
SOLVE IT IN A MINUTE

10+7-9^2+(9*10)+(20/4)! = ?

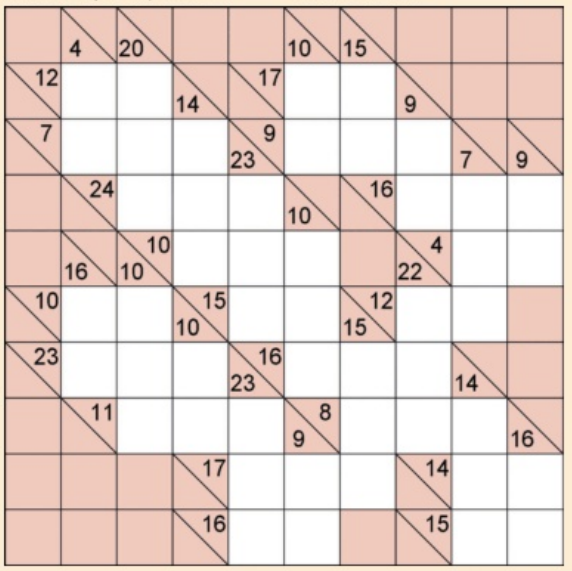
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

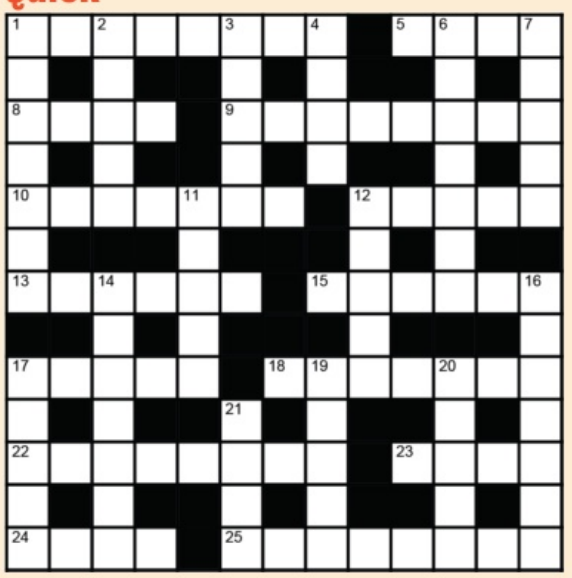


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Authorised (8)
5 And others, in Latin (2,2)
8 Type of type? (4)
9 ___ alms : begs? (8)
10 Went up (7)
12 Aquatic animal (5)
13 Popular vegetarian Italian restaurant on Krishna Rajendra road (6)
15 Finds out (6)
17 Scots landowner (5)
18 Vanquish (7)
22 Guard animal (8)
23 Petty criminal (4)
24 In pain? (4)
25 Seashore (8)

DOWN

1 Policeman (7)
2 Mushrooms (5)
3 Edition of a magazine (5)
4 Cadence, movement of a tune? (4)
6 Tornado (7)
7 Powerful light-beam (5)
11 Bad ___ : ill-feeling? (5)
12 Concert hall (5)
14 Shine or sparkle (7)
16 Wither (7)
17 Formula 1 driver ____ Hamilton (5)
19 Should (5)
20 Situated above (5)
21 Billy ____ : famous singer? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS G

O VTI OQ EDX KYEL. YP LYZKIX, KYEL IEYYW PYK 'KZQQOQA YPP EY LTQTWT'.

Linemaro

A hundred hearts be too few to carry all my love for you

Mindchow

Reason should direct and appetite obey

Joke of the day

Two Eskimos sitting in a kayak were chilly. But when they lit a fire in the craft, it sank, proving once and for all that you can 't have your kayak and heat it

Loop

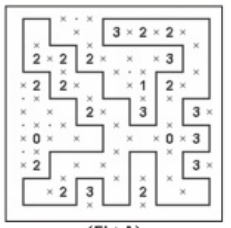
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

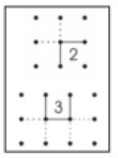
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

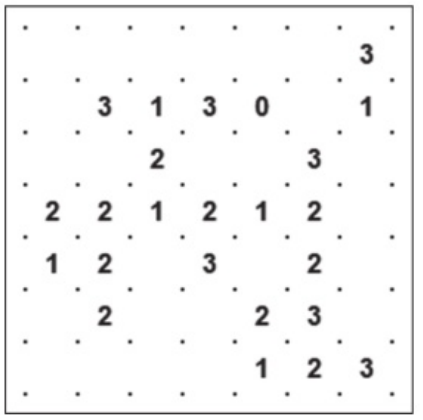
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



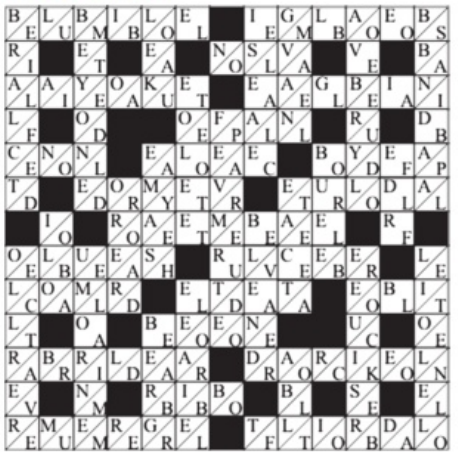
(Fig A)



(Fig B) Not Allowed



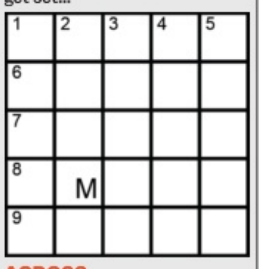
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Crust; 6 Emile; 7 Lip an; 8 Toe me; 9 Bahts

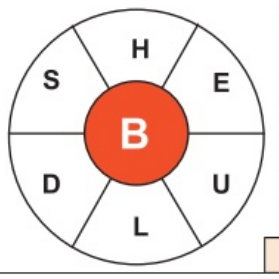
DOWN

1 Cel be; 2 A alum; 3 Toper; 4 H mist; 5 Inset

Mensapuzzle

Fill in the blanks to find two words that are synonyms (clockwise or anticlockwise).

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

SudokuChallenge

9		5		4		8		7
			8		7			
		8	9	5	2	3		
1								8
		6		8		2		
4								9
		9	7	6	8	1		
			4		5			
7		2		3		6		5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 6

1 7 8 8

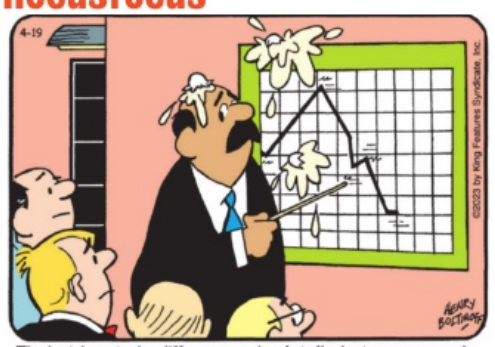
Medium = 3

5 6 6 8

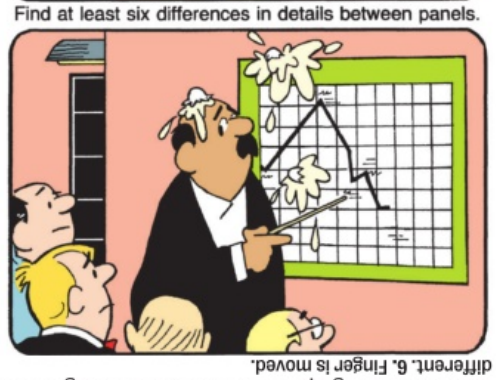
Hard = 4

2 4 9 3

Hocusfocus



Find at least six differences in details between panels.



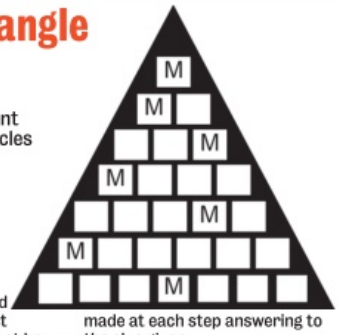
Differences: 1. Moustache is smaller. 2. Man's head is moved. 3. Line on graph is shorter. 4. Tie is missing. 5. Ear is different. 6. Finger is moved.

Riddler

Can you figure out the missing number 8 7

Alpha triangle

1 One thousand
2 Med Off
3 Male feline
4 Greatest in amount
5 Elementary particles
6 Talisman
7 Put up with



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

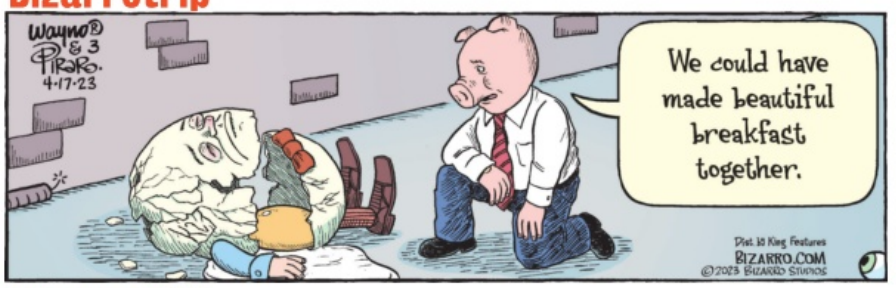
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

DID YOU EVER PULL A FAUX PAS WHILE TALKING TO A FRIEND, SNAKE ?
?
WHAT'S A FAUX PAS ?
4-6
YOU KNOW... PUT YOUR FOOT IN YOUR MOUTH
Yates/Casson

Bizarrotrip



Diamond Lil

THE EARWORM'S BACK:
SLAM!
©2023 creators.com 4/17
I'LL GIVE YOU A THOUSAND DOLLARS NOT TO-
♪ I LIKE TO MOVE IT, MOVE IT
www.creators.com

Hart of the city

WELCOME TO THE URBAN FARM OF BROTHERLY LOVE!
THESE ARE THE VEGGIES AND ROOTS YOU'LL BE HARVESTING TODAY!
COME ON OVER AND GRAB YOUR GARDENING TOOLS!
I DON'T THINK THESE ARE ALL GARDENING TOOLS.
COW TOOLS
HEART OF THE CITY © 2023 AUDREY MOKEL

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may get tired due to overworking, which may make you lazy and careless. You are advised to keep patience. If you are planning an adventure tour, it is recommended to postpone it for a while. Your past investments may convert into dead stock. Students are advised to work hard. You may experience backache, nervous system issues, liver-related problems, and skin issues.

Taurus Apr 21 – May 20
Today, your creativity may be at its peak, and you may plan to renovate your house. You may buy some items to renovate your house or office, which can increase your social status. There is likely to be harmony with your spouse, fostering domestic bliss. Disputes with friends, co-workers, and partners may be resolved. You may receive good news regarding litigations.

Gemini May 21 – Jun 21
Today, you will be glad as you will be able to maintain a balance between your earnings and expenditures, which will boost your finances. Your network will help you implement your plans, and your siblings and subordinate staff will be more helpful. Plan to visit elders or a spiritual place.

Cancer Jun 22 – July 23
Today, you may feel dullness due to sleeplessness, causing you to lose focus on your goals and affecting your work efficiency. You may plan to visit a religious place to find solace. However, in the late evening, you may be blessed by your elders, helping you recognise your mistakes and make a good plan for the coming day. You are advised to take care of your parents' health.

Leo Jul 24 – Aug 23
Until late afternoon today, you may feel a sense of dullness, which can reflect in your work. However, with the blessings of your elders, you are likely to regain your speed. Pay extra attention to your child's health. You will be in a winning position against your enemies and opponents. Investors should exercise caution when making difficult decisions. Stomach issues may cause discomfort.

Virgo Aug 24 – Sep 23
Today, you may find happiness at work and make important decisions by the end of the day that will benefit you in the near future. You may also plan a short trip. Your subordinates may be cooperative, and you can expect good news regarding your siblings' success. You may also have the upper hand in legal matters. Students may be more focused on achieving their targets.

Libra Sep 24 – Oct 22
Today, your communication skills may help you on the professional front. Being polite with everyone around you can accelerate your projects. Lovebirds may exchange views, laying the foundation for their relationship.

Scorpio Oct 23 – Nov 22
Today, you are blessed by the moon. A new partnership may bring you benefits, and your energy levels will be high. Your hard work and enthusiasm may result in financial gains. Your self-respect will protect you from negative people around you.

Sagittarius Nov 23 – Dec 22
Today, you may meet some old friends or be busy with social gatherings, making you more excited. There may be new innovations in your business, and unexpected material gains may occur. Kids may bring good news regarding their studies. Lovebirds can enjoy quality moments together.

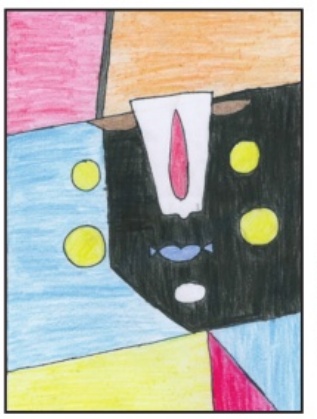
Capricorn Dec 23 – Jan 20
Today, you are blessed by the moon, and your small investments may yield significant profits. Your working efficiency may increase, and you are likely to achieve success with less effort. Good news may arrive in legal matters, and you may have full control over your opponents and rivals.

Aquarius Jan 21 – Feb 19
Today, you are blessed by the moon, and your small efforts may lead to success. You are likely to enjoy good profits from your past investments. Your hard work will be rewarded in your professional and domestic life, increasing your prestige. You may start new innovations in your business, and disputes with your spouse may be resolved.

Pisces Feb 20 – Mar 20
Today, you may feel better, and situations may be under control. Your network may assist you in your work front, and you may even plan for overseas travel. This is a good time to increase domestic harmony and improve your love life. With your creativity, consider bringing some artifacts or creative items for your family. You can also plan to watch movies or go on an outing with friends or family.

KIDZONE

Sanjanaa V, 14 years, KV, DRDO School



Holika Reddy, 13 years, Dream World School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=10+7-9-2+(10^9)+(20/4)!
=10+7-9-2+(90)+(5)!
=10+7-9-2+90+6!
=17-81+90+120
=17+(-81)+90+120
=(-81)+17+90+120
=(-64)+90+120
=90+(-64)+120
=90-64+120
=26+120
=120+26
=146.

BULL'S EYE
bled, blue, blush, bLUSHED, bush, bushed, bushel

STRIKE OUT

B	U	B	B	L	E	I	G	L	O	O	S			
I		E		E		O	S	A		V		A		
L	A	Y	O	U	T		A	E	G	E	A	N		
L		O			O	P	A	L		R		D		
E	O	N		A	L	E	C		O	D	E	A		
D		D	R	Y	E	R		T	R	O	L	L		
	I		O	A	T	M	E	A	L		F			
O	B	E	A	H		U	L	C	E	R		L		
C	O	L	D		E	T	A	T		O	B	I		
T		A		B	E	E	N		C		O			
A	B	I	D	E	R		D	A	R	K	E	N		
L		A		P		I		N						
E	L		E	M	I									
E	M	O		T		E								
B	A	T	H											

FAST FIVE

C	U	R	S	T
E	L	E	M	I
L	A	P	I	N
E	M	O	T	E
B	A	T	H	

QUICK

S	O	R	E		L	I	T	T	O	R	A	L		
I		E			O		H		E		E			
F		U		S		I		W		A				
I	G		U		S	O	L	I	C	I	T	S		
F	O	N	T		S		T		S		E			
C	L	I	M	B	E	D		O	T	T	E	R		
	E		L			E								
R	A	G	O	O	S		L	E	A	R	N	S		
C	O	N	O	U	E	R		P		I				
L	A	I	R	D		C	O	N	O	U	E	R		
E		T		I		U		P		I				
W	A	T	C	H	D	O	G		S	P	I	V		
A	B	I	D	E	R		D	A	R	K	E	N		
T		A		B	E	E	N		C		O			
C	O	L	D		E	T	A	T		O	B	I		
O	B	E	A	H		U	L	C	E	R		L		
O		I		O	A	T	M	E	A	L		F		
D		D	R	Y	E	R		T	R	O	L	L		
E	O	N		A	L	E	C		O	D	E	A		
L		O			O	P	A	L		R		D		
L	A	Y	O	U	T		A	E	G	E	A	N		
I		E		E		O	S	A		V		A		
B	U	B	B	L	E	I	G	L	O	O	S			

MENSA PUZZLE
HORRIBLE, SHOCKING

RIDDLER
(87 / 29 = 3, 54 / 06 = 9, 164 / 41 = 4)

QUOTE UNCODE
I was in the ROTC. Of course, ROTC stood for 'Running off to Canada'.

SUDOKU

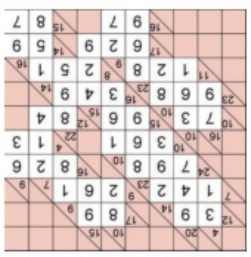
9	1	5	6	4	3	8	2	7
2	3	4	8	1	7	9	5	6
6	7	8	9	5	2	3	1	4
1	2	7	5	9	6	4	3	8
5	9	6	3	8	4	2	7	1
4	8	3	2	7	1	5	6	9
3	5	9	7	6	8	1	4	2
8	6	1	4	2	5	7	9	3
7	4	2	1	3	9	6	8	5

ALPHA TRIANGLE
M, MO, Tom, Most, Atoms, Mascot, Stomach.

GO FIGURE
Easy
8 - 8 - 1 + 7 = 6
Medium
6 + 8 - 6 - 5 = 3
Hard
3 + 9 - 4 / 2 = 4

LOOP

KAKURO



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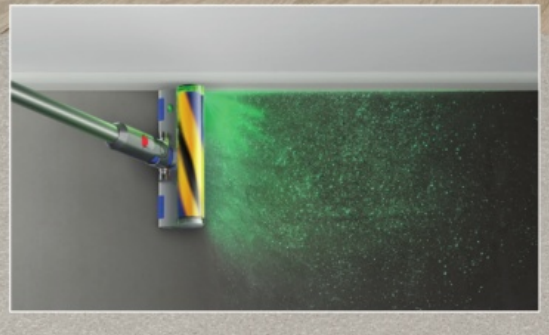

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